

# Managing urges to self-harm

There are many reasons why someone might have urges to self-harm. Whatever the reason, we know that it can be distressing for you and that it carries dangers too. Here are some helpful coping mechanisms that other young people have found useful when they've felt the urge to self-harm.

One idea may work one day but not on another, so it's important to try different techniques. Try looking at these when you are not experiencing a strong urge to self-harm so you are prepared if you do get one

## Practice self-care

Using your Hope box when you are feeling overwhelmed will help to soothe you.

## Tell someone how you are feeling

Tell a parent, carer or friend. See our crisis contacts sheet for other options. Saying out loud how you feel can help ease your anxiety and diffuse your emotion.

## Try rubbing ice where you want to cut.

## Put a plaster where you want to hurt.

## The 15-minute rule

Give yourself 15 minutes before you do try self-harming. Try to do an activity you enjoy.

## Try using henna

You could just draw shapes on yourself or you could write names of people who support and care for you. Some people have drawn animals on themselves and have stopped themselves from self-harming by not wanting to hurt the animal.

## Try putting a tea spoon of mustard or chilli on your tongue to create a different sensation. Or try popping candy!

## Take a look at the Calm Harm app.

## Try using a felt tip pen where you want to hurt.

## Try having a short cool shower.

## Try ripping up paper quickly.

# Things that help me when I experience urges to self-harm: